

Mountain Program for Young People

18 to 35 years of age or those who feel young at heart

A week of inquiry and dialogue inspired by the work of J. Krishnamurti

11th-18th August 2017, Bourg-St-Pierre, Valais, Switzerland

How are we to live in this world, where living implies competition, acquisitiveness, ambition, the aggressive pursuit of our own fulfillment, and also bring into being the perfume of something which is beyond? Is such a thing possible? Can we live in this world and yet have the other? This world is becoming more and more mechanized; the thoughts and actions of the individual are increasingly controlled by the state. The individual is being specialized, educated in a certain pattern to follow a daily routine. There is compulsion in every direction, and living in such a world, can we bring into being that which is neither outward nor inward, but which has a movement of its own and requires a mind that is astonishingly swift, a mind that is capable of intense feeling, intense inquiry? Is that possible?

J. Krishnamurti Bombay 1957



Particularly today one can feel overwhelmed by politics. Life is often so fast paced, hectic, and full of the intricacies of ambition, competition, conflict and violence we rarely enjoy the space for quietness, reflection and the deeper questions of living well, with clarity and without fear. How often do we really ask whether we can look at ourselves as we are, without the distraction of images about who we want to be or do not want to be? Can we meet others without images and expectations distracting us from the person in front of us? Do images create fear, and does fear hold us back? Can we see how conflicts emerge, and go beyond these conflicts? What is a mind that is aware, alert and still, not hectically reacting to the influences of daily life?

Program

The program will consist of informal get-togethers in which young people can hold dialogues and create relationships of trust and honesty with others who share similar concerns. We encourage each participant to take an active role in suggesting topics of exploration. We will also watch some Krishnamurti DVDs or listen to talks. The week offers a good balance between dialogue and inquiry, walking the mountains, creative activities and enjoyment.

Walks and observation of nature

It is our intention to create a space away from the demands and stress of everyday life. Walking in beautiful landscapes give us the opportunity to slow down the mind, to become aware of the outer world and of what is going on inside ourselves. These walks will be tailored to people's ability and wishes.

[Visit the Mountain program on Facebook](#)



You will be accommodated in a Swiss style village house or in a chalet (double rooms) nearby, surrounded by the unspoiled beauty of the Alps. All meals (vegetarian) are included and will be prepared and enjoyed together. As we are expecting an international group, the main language spoken will be English

Price: Sw.Fr. 350.-- This includes all activities, accommodation, breakfast, lunch and dinner.

For further information please contact:

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